



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 18987, AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat

Report Date: July 04, 2017 20:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	2.70	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Energy <sup>1</sup>	kcal	461	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Energy	kJ	1929	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Protein <sup>1</sup>	g	7.80	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Total lipid (fat) <sup>1</sup>	g	17.50	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Carbohydrate, by difference <sup>1</sup>	g	68.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary <sup>1</sup>	g	1.4	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Sugars, total <sup>1</sup>	g	14.60	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	144	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Iron, Fe <sup>1</sup>	mg	3.40	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Magnesium, Mg <sup>1</sup>	mg	13	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Phosphorus, P <sup>1</sup>	mg	198	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Potassium, K <sup>1</sup>	mg	250	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Sodium, Na <sup>1</sup>	mg	884	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin <sup>1</sup>	mg	0.440	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Riboflavin <sup>1</sup>	mg	0.290	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Niacin <sup>1</sup>	mg	3.800	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Folate, total <sup>1</sup>	µg	116	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
<b>Lipids</b>													
Fatty acids, total saturated <sup>1</sup>	g	4.400	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Fatty acids, total monounsaturated <sup>1</sup>	g	3.700	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Fatty acids, total polyunsaturated <sup>1</sup>	g	8.400	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012
Fatty acids, total trans <sup>1</sup>	g	0.210	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol <sup>1</sup>	mg	3	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2012

Sources of Data

<sup>1</sup>Kellogg, Co. Kellogg Company Products, 2012